



Lincolnshire Community Primary School

Newsletter

23rd April 2021

Lincolnshire School Rules

Following on from developing a set of School Values, staff and children have now devised a great set of School Rules for everyone to follow. We have talked about the importance of School Rules and how they are there to help keep everyone safe and happy in school. Rules are there as guidelines for actions and to help us evaluate the things that we say and do in terms of whether they are right or wrong which is why they are closely linked to our School Values. School Rules are also there to help us to become aware of the importance of developing self-control and to create a sense of responsibility for the way we behave. I am delighted to share our School Rules with you and I hope that you will support us in promoting and developing them across the school.



Respectful	<i>We take care of each other and our school. We treat everyone fairly.</i>
Reflective	<i>We evaluate our thoughts and actions and learn from our mistakes. We review and improve our work.</i>
Resourceful	<i>We are creative and make the best of what we have. We do not waste anything.</i>
Responsible	<i>We make good choices and take full responsibility for everything we do.</i>
Resilient	<i>We always persevere and strive to do our best. We never give up.</i>

School Information

Email: enquiries@lincolnfield-cit.co.uk

Website: <http://www.lincolnfield.lincs.sch.uk>



@lincolnfield_cit

facebook

<https://www.facebook.com/Lincolnfield-Community-Primary-School-103768004798801>

Learning Environment

We have been developing our Learning Environment at Linchfield School and staff have worked hard to ensure that our setting is welcoming, inspiring and motivating for everyone. We value and celebrate children's work and provide the right prompts and resources to enable them to be independent and enthusiastic learners.



Gas Pipework

As you may have already noticed the gas company are doing some necessary pipework maintenance along Crowson Way. The whole of one side of the pathway along Crowson Way up to Linchfield Road will be dug up to enable the work to progress. We have been informed that the maintenance work will take a few weeks so please be vigilant when coming to and from school.

Farm Kitchen - Hot Meals

You might have noticed on the Farm Kitchen menus that hot meals will be available in school from week beginning Monday 3rd May 2021. We are delighted that we are able to start serving hot meals again for the children. Please ensure that you go through the menu with your child so that they can choose the meals that they like and they know what they will be having for lunch each day.

Vacancy for Midday Supervisory Assistant

We are seeking to appoint a Midday Supervisory Assistant to join our friendly team after the May half term. We are looking for a caring, committed and cheerful person to assist in providing high quality lunchtime provision for our children. For further details and an application form, please see the 'Staff Vacancies' section on our school website - www.linchfield.lincs.sch.uk

Earrings

Jewellery presents a health and safety risk during the school day. **As such we request that children do not wear jewellery to school** unless there is a medical reason.

If children do wear earrings to school they should only wear stud earrings in their ears and they must be able to take their own earrings out and put them back in again as they need to be removed for PE lessons. If children cannot take their own earrings out themselves then please ensure that earrings are removed before they come to school.

Teachers are no longer allowed to help children remove or insert earrings, nor are they allowed to put tape over their earrings for PE.

We request that pupils have their ears pierced during the first weeks of the Summer Holidays so that they are able to remove earrings for PE upon their return to school.

LIVES

Today, Year 5 were extremely lucky and were trained by 'Lives' who are a charity who help children and adults learn about how to carry out CPR and save lives.

We first learnt how to carry out the 'primary survey' and role played the important steps:

Danger (Check your surroundings, is it safe to approach?)

Response (Check the person for the following: Alert - Voice - Pain - Unresponsive)

Airways - (Check the persons airways - tilt the head and lift the chin)

Breathing - (Check if they are breathing - do this for 10 seconds)

Call for help (Try to find an adult for help and call 999)

We were shown how to carry out CPR after we conducted the primary survey. We were then taught that you need 2 compressions per second for the CPR to be effective.

The Lives team then talked about Covid-19 and the importance of our safety when carrying out lifesaving activity. We were told that if we do not know the patient and we do not feel safe to approach, then we can carry out the primary survey from a distance. For this, we need to use our senses to check if the patient is breathing by looking if their stomach is moving up and down. We also need to look at their skin colour, if it is pale and they have blue lips, then this is a sign of the patient not breathing and that we must then call for help by finding an adult and calling 999. However, we also learnt that if we do feel safe to approach we must use face coverings or use our sleeve to ensure we are Covid-19 safe.

Year 5 then practised the recovery position and were shown how to use a defibrillator. This machine checks the persons heart and tells you out loud what to do. We even learnt that the defibrillator is 10 times more effective than carrying out CPR! Overall, Year 5 had a brilliant life changing experience and have shown some fantastic new skills thanks to 'Lives'.



E-Safety

The internet is an amazing resource which enables children to connect, communicate and be creative in a number of different ways, on a range of devices. However, the internet is constantly changing, and being able to keep up to date with your child's use of technology can be a challenge.

Please ensure that you talk to your children about the need to be SMART when accessing the internet. Children need advice and protection when it comes to being online.

<h1 style="color: #FF00FF;">S</h1> <p>Stay Safe</p> <p>Don't give out your personal information to people / places you don't know.</p>	<h1 style="color: #00FF00;">M</h1> <p>Don't Meet Up</p> <p>Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.</p>	<h1 style="color: #0000FF;">A</h1> <p>Accepting Files</p> <p>Accepting emails, files, pictures or texts from people you don't know can cause problems.</p>	<h1 style="color: #FFA500;">R</h1> <p>Reliable?</p> <p>Check information before you believe it. Is the person or website telling the truth?</p>	<h1 style="color: #FF0000;">T</h1> <p>Tell Someone</p> <p>Tell an adult if someone or something makes you feel worried or uncomfortable.</p> <p><i>Follow these SMART tips to keep yourself safe online!</i></p>
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VEGPOWER



60-Second Vegtastic Lunchbox Hacks

Veg are a key part of a healthy diet but it can be a real struggle to get kids to eat enough of them. Adding an extra portion or two to their packed lunch will help to up their intake. Try these simple ideas to **veg-pack their lunchboxes** with limited faff.

The basic toolkit:

- 🍅 **Containers** (small and lidded for dips, leftovers and more)
- 🍅 **Cutlery** (if needed)
- 🍅 **Thermos** (any heat-retaining flask is great for soups, baked beans, leftovers, etc.)
- 🍅 **Bamboo kebab sticks** (optional, but helpful for making veggies more fun)



Top tip: Know your portions – a child's portion of veg is roughly 50g or what fits into a child's hand.



#LunchboxHacks

@VegPowerUK



For recipes, tips and
free downloads visit:
vegpower.org.uk

5 easy #LunchboxHacks to add more veg in 60 seconds or less:



1. The Salad-on-a-Stick



Get a bamboo kebab stick and thread on different veg such as cherry tomatoes, cubed cucumber, cubed cooked beetroot, chunks of peppers, raw button mushrooms, crunchy lettuce, etc) in fun colours. If your child isn't a fan of veg, try starting off by alternating veg with cooked meat, cubed cheese, etc to ease them into it.

My Favourite veg was:

2. The Lunch Crunch



1 carrot chopped into sticks (or pre-chopped carrot sticks) with a pot of hummus (or their favourite dip) adds a portion of veg.

I ate this many carrots:

3. The Sandwich Slice



Slice 5cm cucumber (about the length of a small egg) and add to a sandwich for an extra portion of veg with minimal effort.

I ate this much cucumber:

4. The Helpful Handful

Add a handful of ready-to-eat snacky veg to a container. Try cherry tomatoes, drained tinned sweetcorn, celery sticks, green beans, cucumber etc.



My Favourite veg was:

5. The Half-Baked Plan

Heat through half a tin of baked beans (ideally low sugar and salt) and stick in a heat-retaining flask for an easy veg portion win.

This week my rating is:

Top tip: Keep trying! If they are not used to veg in their packed lunch, it may be picked out and ignored on the first few days. The more they see it and interact with it, the more the veg becomes "normal".

For recipes, tips and free downloads visit:
vegpowers.org.uk